

Resource List
Race and Social Justice as Dharma Practice
Version March 25, 2024

1. History of Slavery

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- Dover Series. 2002. *When I Was a Slave: Memoirs from the Slave Narrative Collection*.
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- Greenidge, Kerri. 2022. *The Grimkes: The Legacy of Slavery in an American Family*.
- Hannah-Jones, Nicole. 2019. *The 1619 Project*.
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- Smith, Clint. 2021. *How the Word is Passed: A Reckoning with the History of Slavery Across America*.
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2. On Race and Racism

- Alexander, Michelle. 2012. *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*.
- Banaji, Mahzarin and Greenwald, Anthony. 2013. *Blindspot: Hidden Biases of Good People*.
- Butler, Shakti. 2013. *Cracking the Codes: The System of Racial Inequality*. (film).
- Cullors, Patrice Khan & Bandele, Asha. 2017. *When They Call You a Terrorist: A Black Lives Matter Memoir*.
- Dyson, Michael Eric. 2021. *Tears We Cannot Stop: A Sermon to White America*.
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- Rothstein, Richard. 2017. *The Color of Law: A Forgotten History of How Our Government Segregated America*.
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3. Systemic racism, class and intersectionality

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- "Black Men Matter – Examining Mental Health Issues Among Black Men – A Guide To Freedom". 2023. *Drug Rehab USA*. drugrehabus.org/mental-health-issues-among-black-men.
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- Bruenig, Matt. 2019. “Wealth Inequality Across Class and Race in 5 Graphs”.
- “Building a Broader We: Talking Race Class Fusion with author of Merge Left, Ian Haney Lopez” (webinar). 18 January 2023. *Indivisible National*. indivisiblesb.org/events/building-a-broader-we-talking-race-class-fusion-with-author-of-merge-left-ian-haney-lopez-2/.
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4. On Whiteness

- Anderson, Carol. 2016. *White Rage: The Unspoken Truth of Our Racial Divide*.
- Battalora, Jacqueline. 2021. *Birth of a White Nation: The Invention of White People and Its Relevance Today* (2nd ed.).
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- Hamad, Ruby. 2019. *White Tears/Brown Scars: How White Feminism Betrays Women of Color*.
- Hill, Daniel. 2017. *White Awake: An honest look at what it means to be white*.
- Irving, Debby. 2014. *Waking Up White and Finding Myself in the Story of Race*.
- Johnson, Fern and Fine, Marlene. 2021. *Let's Talk Race: A Guide for White People*.
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- Wise, Tim. 2011. *White Like Me: Reflections on Race from a Privileged Son* (3rd ed.).
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- Yancy, George. 2018. *Backlash: What happens when we talk honestly about racism in America*. 2018.

5. Buddhist Practice and Racial and Social Justice

- Analayo, Bhikkhu. 2020. "Confronting Racism with Mindfulness". *Mindfulness* 11, 10: 2283-2297.
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- Brach, Tara. 2016. "Facing My White Privilege." *Lion's Roar*. www.lionsroar.com/facing-my-white-privilege/.
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- Kaza, Stephanie (ed.). 2020. *A Wild Love for the World: Joanna Macy and the Work of Our Time*.
- King, Ruth. 2018. *Mindful of Race: Transforming Racism from the Inside Out*.
- Lama Owens, Rod. 2020. *Love and Rage: The Path of Liberation through Anger*.
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- Making the Invisible Visible: Healing Racism in Our Buddhist Communities* (2nd ed.). August 2000. www.spiritrock.org/document.doc?id=9.
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- Selassie, Sebene. 2020. *You Belong: A Call for Connection*.
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- Yancy, George and Emily Mcrae (eds.). 2019. *Buddhism and Whiteness: Critical Reflections*.
- Yang, Larry. 2017. *Awakening Together: The Spiritual Practice of Inclusivity and Community*.
- Yetunde, Pamela Ayo and Cheryl Giles (eds.). 2020. *Black & Buddhist: What Buddhism Can Teach Us About Race, Resilience, Transformation & Freedom*.
- Yetunde, Pamela Ayo. 2023. *Casting Indra's Net: Fostering Spiritual Kinship and Community*.

6. Antiracist Action/Engagement

- Anti-Racism Daily. 2023. Newsletter. the-ard.com/.
- Kendi, Ibram. 2019. *How to Be An Antiracist*.
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- Menakem, Resmaa. 2021. *The Quaking of America: An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning*.
- Shutt, Liên. 2023. *Home Is Here: Practicing Antiracism with the Engaged Eightfold Path*.
- Wade, Breeshia. 2021. *Grieving While Black: An antiracist take on oppression and sorrow*.

7. Black Thought Leaders (alphabetical)

- Baldwin, James. November 17, 1962. "Letter from a Region in my Mind." *The New Yorker*.
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- Baldwin, James. 2013. *Go Tell It on the Mountain*.
- Baldwin, James. 1974. *If Beale Street Could Talk*.
- Baldwin, James 2016. *Escape from America, Exile in Provence*.
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- Coates, Ta-Nehisi. 2019. *The Water Dancer*.

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- Eig, Jonathan. 2023. *King: A Life*.
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- Kendi, Ibram. 2019. *How to Be An Antiracist*.
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- Kendi, Ibram X. & Blain, Keisha N. 2021. *400 Souls: A community history of African America, 1619-2019*.
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- Washington, James (ed.). 1986. *A Testament of Hope: The Essential Writings and Speeches of Martin Luther King, Jr.*
- Manuel, Zenju Earthlyn. 2015. *The Way of Tenderness: Awakening through Race, Sexuality, and Gender*.
- Manuel, Zenju Earthlyn. 2022. *The Shamanic Bones of Zen: Revealing the Ancestral Spirit and Mystical Heart of a Sacred Tradition*.
- Maneul, Zenju Earthlyn. 2023. *Opening to Darkness – Eight gateways for being with the absence of light*.
- Morrison, Toni. 1987. *Beloved*.
- Morrison, Toni. 1970. *The Bluest Eye*.
- Morrison, Toni. 1998. *Paradise*.
- Morrison, Toni. 2017. *The Origin of Others* (reflections based on a series of her lectures).
- Wilkerson, Isabel. 2020. *Caste: The Origins of Our Discontents*.
- Wilkerson, Isabel. 2010. *The Warmth of Other Suns*.

8. Other identities (alphabetical)

a. Asian

- Iyer, Deepa. 2015. *We Too Sing America: South Asian, Arab, Muslim and Sikh Immigrants Shape Our Multiracial Future*.
- Park Hong, Cathy. 2020. *Minor Feelings: An Asian American Reckoning*.

Williams, Duncan Ryūken. 2019. *American Sutra: A Story of Faith and Freedom in the Second World War*.

b. Jewish

Brodkin, Karen. 1999. *How Jews Became White Folks & What That Says about Race in America*.

c. LGBTQ

Manuel, Zenju Earthlyn. 2015. *The Way of Tenderness: Awakening through Race, Sexuality, and Gender*

d. Latinx

Gómez, Laura E. 2022. *Inventing Latinos: A New Story of American Racism*.

e. Native American

Curtice, Kaitlin. B. 2023. *Living Resistance: An indigenous vision for seeking wholeness every day*.

Dunbar-Ortiz, Roxanne. 2015. *Indigenous Peoples' History of the United States*.

Kimmerer, Robin Wall. 2013. *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*.

Madley, Benjamin. 2016. *American Genocide: The United States and the California Indian Catastrophe, 1846-1873*.

Mazo, Adam & Pender-Cudlip, Ben. 5 November 2018. *Dawnland*. <https://www.pbs.org/independentlens/documentaries/dawnland/>.

Nabokov, Peter & Deloria, Vine. 1999. *Native American Testimony: A Chronicle of Indian-White Relations from Prophecy to the Present*.

Native News Online. 2023. Newsletter. nativenewsonline.net/.

Short Bull, Jesse, and Tomaselli, Laura. 2023. *Lakota Nation vs. United States*. www.lakotanationvsus.movie/.

Yunkaporta, Tyson. 2021. *Sand Talk: How Indigenous Thinking Can Save the World*.

9. Fiction

Adichie, Chimamanda Ngozi. 1977. *Americanah*.

Baldwin, James. 2013. *Go Tell It on the Mountain*.

Baldwin, James. 1974. *If Beale Street Could Talk*.

Giddens, Rhiannon. (2022). *Build a house*. (Children's book)

Gyasi, Yaa. 2016. *Homegoing*.

Jones, Tayan. 2017. *An American Marriage*.

Morrison, Toni. 1987. *Beloved*.

Morrison, Toni. 1970. *The Bluest Eye* Orange, Tommy. 2018. *There There: A Novel*.

Powers, Richard. 2018. *The Overstory*.

Powers, Richard. 2021. *Bewilderment*.

Thompson-Spires, Nafissa. 2018. *Heads of the Colored People*.

Vuong, Ocean. 2019. *On Earth We're Briefly Gorgeous*.

Ward, Jesmyn. 2017. *Sing, Unburied, Sing: A Novel*.

Whitehead, Colson. 2020. *The Nickel Boys*.

Wilkerson, Charmaine. 2022. *Black Cake: A Novel*.

10. Poetry and Poets

Harjo, Joy. 2015. *Conflict Resolution for Holy Beings: Poems*.

Rankine, Claudia. 2014. *Citizen – An American Lyric*.

Zamora, Javier. 2017. *Unaccompanied*.

Vuong, Ocean. 2016. *Night Sky with Exit Wounds*.

Vuong, Ocean. 2022. *Time Is a Mother*.

Other African American poets

-Hanif Abdurraquib

-Maya Angelou

-Amiri Baraka

-Gwendolyn Brooks

-Lucille Clifton

-Rita Dove

-Ross Gay

-Langston Hughes

-Major Jackson

-Audre Lorde

-Claudia Rankine

-Sonia Sanchez

-Tupac Shakur

-Ntozake Shange

-Clint Smith

-Danez Smith

-Kevin Young

-See also https://www.blackexcellence.com/black-poets-you-should-know/#google_vignette

11. Film/Video

American Fiction. Directed by Cord Jefferson. 2023.

Black and Buddhist in America. Public event with 15 leading African American Buddhist teacher held by Union Theological Seminary. 21 October 2018. www.youtube.com/watch?v=cWeOKjU9F6o.

Cracking the Codes: The System of Racial Inequality. Directed by Shakti Butler. 2013.

Dawnland. Directed by Adam Mazo and Ben Pender-Cudlip. 2018. <https://www.pbs.org/independentlens/documentaries/dawnland/>

I Am Not Your Negro. Directed by Raoul Peck. 2016. Based on James Baldwin's unfinished manuscript *Remember This House*.

-See also an interview with the filmmaker: <https://youtu.be/GBmZ68pxJiU?si=PAwPPR5autRGRFEV>

If Beale Street Could Talk. Directed by Barry Jenkins. Based on a novel by James Baldwin. 2018.

Israelism. Directed by Erin Axelman and Sam Eilertsen. 2023. <https://www.israelismfilm.com/>
Kindred. Television pilot show (2020) and television series (2022) Based on a novel by Octavia Butler.

Lakota Nation vs. United States. Directed by Jesse Short Bull and Laura Tomaselli. 2023. www.lakotanationvsus.movie/

Origin. Directed by Ava DuVernay. Based on the story of Isabel Wilkerson writing the book *Caste*. 2023.

See also Brody, Richard. 7 December 2023. "Few Films Make Ideas Exciting, But 'Origin' Succeeds." *The New Yorker*. www.newyorker.com/culture/the-front-row/few-films-make-ideas-exciting-but-origin-succeeds.

Race: The Power of an Illusion. Directed by Christine Herbes-Sommers, Tracy Heather Strain, Llewellyn Smith. 2003. See also www.pbs.org/race/000_General/000_00-Home.htm.

Resurrecting Love. Directed by Ben Galland. 2024. <https://www.resurrectinglovemovie.org/>

When They See Us, a miniseries about the ‘Central Park Five,’ directed by Ava DuVernay. 2019. Available on Netflix.

White Like Me: Reflections on Race from a Privileged Son. Directed by Scott Morris. Based on the book by Tim Wise. 2013. <https://vimeo.com/ondemand/whitelikeme>

12. Training Opportunities

Bearing Witness to Racism in America. <https://zenpeacemakers.org/programs/racism-in-america/>

Beyond the Culture of Separation: Programs for white-identified people who are committed to changing the story of separation. 2022. beyondseparation.net.

Building Movement Project. 2024. “Social Change Ecosystem Map”. buildingmovement.org/our-work/movement-building/social-change-ecosystem-map/.

Caampt, David. 2018. *The White Ally Toolkit Workbook: Using Active Listening, Empathy, and Personal Storytelling to Promote Racial Equity*.

Cargle, Rachel. 2023. *The Great Unlearn* [online learning platform]. rachelcargle.com/the-great-unlearn/.

East Bay Meditation Center. 2024. eastbaymeditation.org. Periodic trainings.

Education for Racial Equity. 2024. www.educationforracialequity.com.

Gajaweera, Nalika. 10 March 2022. *Transforming the American Sangha* [research seminar]. ahc.leeds.ac.uk/philosophy/events/event/2375/research-seminar-with-dr-nalika-gajaweera-transforming-the-american-sangha.

King, Ruth. 2024. “Mindful of Race” Trainings and Affinity Groups. ruthking.net.

Lewis, Victor L., and Digh, Patti. 2024. Courses on “Hard Conversations: Whiteness, Race, and Social Justice.” www.pattidigh.com/whiteness/.

Schatz, Kate & Kamau Bell, W. 2022. *Do The Work! An Anti-Racist Activity Book*.

Spirit Rock. 2024. www.spiritrock.org. Periodic trainings.

White Awake. 2024. “White Awake is an open-source curriculum that utilizes mindfulness in the development of white racial awareness.” whiteawake.org. A variety of courses.

Airborne, M., Barker, K., Welin, J., et al. 2016. White Awareness Insight Curriculum for Uprooting Privilege (WAIC UP!): A Dharma and Racism Study Program. alokavihara.org/wp-content/uploads/2018/10/INDEX_-White-Awareness-Insight-Curriculum-for-Uprooting-Privilege-WAIC-UP.pdf.

13. Other

a. Other History Sources

French, Howard. 2021. *Born in Blackness: Africa, Africans, and the Making of the Modern World, 1471 to the Second World War*.

Jones, Reece. 2022. *White Borders: The History of Race and Immigration in the United States from Chinese Exclusion to the Border Wall*.

Skloot, Rebecca. 2010. *The Immortal Life of Henrietta Lacks*.

Slater, Dashka. 2017. *The 57 Bus: The True Story of Two Teenagers and the Crime that Changed their Lives*.

Venable, Alan. 2017. *Hope's Kids: A Voting Rights Summer*.

b. Memoirs

Jackson, Mitchell S. 2019. *Survival Math: Notes on an All-American Family*.

Kaur, Valarie. 2021. *See No Stranger: A Memoir and Manifesto of Revolutionary Love*.

Laymon, Kiese. 2018. *Heavy: An American Memoir*.

Yetman, Norman. 2002. *When I was a Slave, Memoirs from the Slave Narrative Collection*

c. Psychology

Hersey, Tricia. 2022. *Rest is Resistance: A Manifesto*.

Menakem, Resmaa. 2017. *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*.

d. Music

Giddens, Rhiannon. 2021. *Freedom Highway and They're Calling Me Home*.

Giddens, Rhiannon. 2022. *Omar* [opera].

e. Misc.

5 MLK speeches you should know. Spoiler: 'I Have a Dream' isn't on the list. <https://www.npr.org/2024/02/07/1228320048/black-history-mlk-speeches-martin-luther-king>

brown, adrienne maree. 2020. *We Will Not Cancel Us – And Other Dreams of Transformative Justice*.

International African American Museum in Charleston , SC

https://www.nytimes.com/2023/06/23/arts/design/charleston-african-american-museum.html?campaign_id=57&emc=edit_ne_20230623&instance_id=95896&nl=the-evening®i_id=66832649&segment_id=137386&te=1&user_id=09847d78c0a31dfb9ceb0b1b5774534

Maddow, Rachel. 2022. *Ultra*. https://rachel-maddow-presents-ultra.simplecast.com/?utm_term=&utm_campaign=Performance%20Max%20-%201%20-%20Podcasting&utm_source=adwords&utm_medium=ppc&hsa_acc=8491135203&hsa_cam=17656011507&hsa_grp=&hsa_ad=&hsa_src=x&hsa_tgt=&hsa_kw=&hsa_mt=&hsa_net=adwords&hsa_ver=3&gclid=Cj0KCCQjw--2aBhD5ARIsALiRlwBbGUDvqKbQfSHJJoeZN25esQ5CZnryA38OPGD6PH0Cr6HYhbxtMC4aAjoQEALw_wcB. See also Maddow's interview with Ezra Klein: <https://www.nytimes.com/2022/10/14/podcasts/ezra-klein-interviews-rachel-maddow.html>

“Rising Majority: Building a Powerful Left for Radical Democracy & Regenerative Economy.”
2024. *The Rising Majority*. therisingmajority.com/.

The Crime Novelist Who Was Also a Great American Novelist.

<https://www.nytimes.com/2024/02/02/books/review/chester-himes-essential-harlem-detectives.html?smid=nytcare-ios-share&referringSource=articleShare>

Train yourself to always show up. 2024.

https://www.nytimes.com/2024/01/19/opinion/religion-ancient-text-judaism.html?smid=nytcare-iosshare&referringSource=articleShare&fbclid=IwAR1chzKtWxLhhM4IFkBadJb7QH1Gprtul64fySxlJEeQcoG1ynKwqRS88OI_aem_ATtRwYU7q8zi4qRFPwnVtOLl6JOY9LM7yWaS_EoHYf2pu06zc85gZ3Ant0uz15UHSpG

Equal Justice Initiative. Special Features. <https://eji.org/news/tag/special-features/>

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